

The Crystal Cave - Uses for Rocks and Minerals in your daily life.

Read the following first.

Introduction

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Introduction

Crystals have been for many years a source of wonder and mystery to all who view them. People have always been awed by Mother Nature's ability to construct over millions of years structures of such quiet beauty that easily rival anything man has ever created. Many ancient cultures placed religious significance on crystals, and today there has been a revival of this in the many works that have been published on the ability of crystals to help focus individuals in various areas of their lives.

There are so many different types of crystals and minerals with so many different purported uses, that it is often difficult for the average person to fight their way through this to find information that may be useful to them in their everyday lives. It's with that in mind, that I've extracted from this maelstrom of minerals two dozen different crystals which, when used in different configurations of three, can help enhance many areas of your daily existence.

Also, the crystals I've mentioned are neither expensive nor hard to find. Most can be obtained at any good rock store or metaphysical store for just a few dollars.

Good Luck, and may your spirit guide you to the happiness you deserve.

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Use of Crystals

In all the applications mentioned in this work, the crystals are described in configurations of three, each balancing the other two and enhancing their power. To get the most out of the crystals, I would recommend you carry them with you in a pouch made of a natural fabric such as cotton, leather or silk.

Although its okay for others to examine your rocks, avoid excessive contact with others, since it is important that your crystals are allowed to attune themselves primarily to your vibration, unless of course they are a gift for someone else.

When using crystals for aiding in the business world or with personal health, I would recommend carrying them around the lower portion of the body. When using for emotional well being or spiritual growth, I would recommend carrything them close to the heart, or at least the upper body.

Carry your crystals for as long as you feel you need to. Always trust your inner feelings about how your crystals will work best with you. Every person vibrates slightly differently, and there is no hard and fast rules that say you must follow these (or any other) instructions exactly when working with crystals. Always go with what works best for you, and dont be afraid to experiment.

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Applications

In the business world

Financial Improvement

For Luck

Obtaining support for a project.

Project Management

Team Work

Personal health

Improving sexual enjoyment

Memory Enhancement

Physical Fitness

Physical Ailments

Recovery from Addiction

Emotional health

Clearing personal confusion

Protection from a negative environment

Recovery from loss of a loved one

Spiritual well-being

Balancing Energies

Centering

Contacting the higher self

Enhancing Psychic abilities

Grounding

Meditation enhancement

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Disclaimer

Crystals are not meant to be a substitute for any help you are currently receiving, they are merely a means to enhance the beneficial effects. If you are sick, go to the doctor. If you are depressed, go to a therapist. I believe crystals will help you overcome your difficulties, but they are not a miracle cure, and should not be treated as such.

All instructions, methods and discussions in this work are purely the opinions of the Author, and should in no ways be construed as a substitute for professional help or counsel.

The Author cannot be held responsible for any untoward actions arising out of the techniques and materials outlined in this work.

So there.

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Financial Improvement

Situation : Poorly managed finances, lack of available funds

Configuration : Citrine, Granite, Gypsum

This configuration is designed to draw the necessary finances to you and also to help break down elements that may be causing financial confusion.

For Luck

Situation : Preparing to take a gamble, uncertainty of over outcome of a decision

Configuration : Gypsum, Calcite, Quartz

When the outcome of events is more dependent upon events than on people, i.e. the roll of a dice, the direction of the wind, then this configuration can be useful to pull the odds towards your favor.

Use this configuration only at specific times, to ensure the effects are focused.

Obtaining support for a project

Situation : Making a proposal or presentation to management, or to peers which you believe may be treated with skepticism.

Configuration : Meteorite, Granite, Pyrite.

If you have a proposal to make which is likely to be received poorly, carry this configuration with you while preparing your presentation, and also keep it with you in a pocket during the meetings.

Project Management

Situation : Large, difficult projects requiring sound planning and firm management, where several people are involved.

Configuration : Hematite, Sodalite, Granite

Keep this configuration with you while liaising with personnel on the project, and also during planning and project related meetings.

Team Work

Situation : Working closely with several individuals to arrive at a common goal.

Configuration : Meteorite, Sodalite, Tigers Eye

Whether engaging in a team competitive sport, or working on a team project, this configuration can be used to improve harmony and coordination with the group.

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Improving Sexual Enjoyment

Situation : Involved in a stable relationship with a partner, where keeping a deep sexual connection is felt to be important.

Configuration : Lace Agate, Flint, Rose Quartz

Useful for enhancing the physical side of a stable intimate relationship, this configuration should be kept under your pillow at night, and carried close to the lower body during the day.

Memory Enhancement

Situation : Poor memory, scatterbrained or preparing for an exam.

Configuration : Hematite, Calcite, Pyrite.

If you are continually losing things; have difficulty remembering names or birthdays or just need some extra memory while preparing for an exam, then this is a good configuration to use.

Keep under your pillow at night, and near your upper body during the day.

Physical Fitness

Situation : Beginning a fitness or dietary regime, during physical therapy after a physically disabling illness or to aid the knitting of broken bones.

Configuration : Lace Agate, Calcite, Galena

Carry this configuration with you around your lower torso to help your body heal, and to add extra energy to your diet or fitness program.

Physical Ailments

Situation : Recovering from internal health problems, e.g. kidney or liver disorders

Configuration : Flint, Gypsum, Lace Agate

After surgery, or to add strength to medicines, this is an excellent configuration to carry with you to aid in the healing process, and to help prevent a return of the condition.

Recovery from Addiction

Situation : Alcoholism, Drug Addiction

Configuration : Amethyst, Bornite, Rose Quartz

Give this configuration to someone you are worried about as a gift and tell them why. If you are in recovery yourself, and are on the early steps of a recovery program, this configuration will help you find the courage to stay clean and sober.

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Clearing personal confusion

Situation : Too many different options presenting themselves at the same time. Stressed out at work. Unable to know which way to turn. Unsure of how you feel about a person or situation.

Configuration : Sodalite, Hematite, Bornite

When you are unsure what to do next, or there is too much going on around you to enable you to think clearly. This configuration can help clear some of the distractions and allow you to focus. Carry close to your heart, or, if you are having trouble sleeping, keep under your pillow.

Protection from a negative environment

Situation : In unfamiliar territory, on a bad side of town or with people who you very much against you or what you stand for.

Configuration : Pyrite, Hematite, Jasper

Use as a talisman to ward off potential harm, and to keep negative feelings at bay. This configuration will provide light in a dark situation, and help keep you safe.

Recovery from the loss of a loved one

Situation : Break-up of a relationship, bereavement, long term separation (such as through military duty).

Configuration : Rose Quartz, Flint, Snowflake Obsidian

This configuration will help you avoid the swings of emotions and behavior which are often prevalent at these times, while helping you remain true to yourself and realistic about the situation.

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Balancing Energies

Situation : Out of balance spiritually. Imbalance of the male/female self. Moodiness

Configuration : Rose Quartz, Amethyst, Citrine

When you need to stabilize yourself spiritually, this configuration will help immensely, particularly if kept nearby while meditating. An excellent energy source to pull from when balancing the major chakras.

Centering

Situation : Returning to ones spiritual center to find the personal truths within.

Configuration : Galena, Amazonite, Turquoise

When you need help listening in the emptiness to your inner voice, and to aid you in learning what you truly want from life and your journey through it, this configuration is useful to carry with you close to the heart, and to keep nearby during meditation.

Contacting the Higher-Self

Situation : Questing for knowledge, re-opening communication with the Higher self.

Configuration : Crystal Geode, Turquoise, Amethyst.

The Geode should be unopened and the start of this rediscovery process, but, if feasible, may be opened towards the end, prior to the final realignment meditation. Keep this configuration close to the heart for several hours before the start of each of meditative session related to contact of the higher self.

Enhancing Psychic Abilities

Situation : When discovering ones psychic abilities, or when the need for additional psychic focus is necessary.

Configuration : Flint, Tigers Eye, Quartz.

This configuration will help channel energy from the Universe to you. It is very good at helping to open up the psychic paths of communication. This configuration should be worn close to the head if possible, during times of psychic activity or learning.

Grounding

Situation : Becoming too wrapped up in dreams and aspirations, rather than in the physical world. Useful for turning off after extending periods of psychic exposure.

Configuration : Galena, Obsidian, Lace Agate.

If your hopes and dreams have become obsessive so that you are losing your grasp on physical reality, this configuration is for you. It is also useful for preventing burn-out in a psychic practitioner, clairvoyant etc. who may be exposed to many different clients over several hours, and needs to discharge afterwards.

Meditation Enhancement

Situation : General enhancement of meditation, help in obtaining serenity after a stressful day, or at the beginning of a day which is liable to produce stress.

Configuration : Turquoise, Amethyst, Amazonite

This configuration is useful for clearing irrelevancies from the mind, enhancing general calmness and helping one focus during meditation. Keep the stones close by during meditation, and if possible, keep them close to your upper body several hours before. If you are intending to meditate in the morning, place them under your pillow the night before.

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About the Author

Vaughan Wynne-Jones is a Englishman living in Dallas, TX. He has several years experience with both metaphysics and the Internet. He has written about both, and is currently awaiting publication of his first book. You can contact him by email at: vaughan@pic.net

<http://www.pic.net/people/vwj/vwjpic.html> (Permanent, rarely updated)
<http://vaughan.pic.net/index.html> (Available 9-5 CST Mon-Fri, updated frequently)



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The Crystals used:

Crazy Lace Agate - a.k.a. Mexican lace agate. A very physically attuned stone.

Red Jasper - used in dowsing, also a very good protection against negativity.

Granite - Good finance stone. Helps others to see your point of view, if your view is the correct one.

Pyrite - A

Hematite

Galena

Bornite

Meteorite

Rose Quartz

Gypsum

Amethyst

Calcite

Quartz

Citrine

Obsidian

Snowflake Obsidian

Geode

Amazonite

Sodalite

Tigers Eye

Flint

Turquoise

